



Press Report 1st December

## **Essex County Veterans & Junior Cross-Country Championships**

Colchester Garrison

Saturday 28 November

In the Essex X Country Champs held in Colchester at the weekend, Ilford AC had a number of Youngsters competing in the various age groups.

In the Boys U13s , Ilford had 5 athletes competing and as a team just missed out on a Bronze medal, by coming 4th. First home for Ilford was Farris Patel. Farris was with the leaders the whole race and battled to a very promising 7th position. Next home was Arun Manget in 15th place, followed by Matthew Hick, 24th , Bradley Deacon 26th and Euan Johnstone in 40th.

In the U15s Boys Jack Halil came a very respectable 41st. In the u15s Girls, Jordan Hinds came through the field to come a very encouraging 17th, whilst Isabella Hick came 38th.

There was more success for Ilford in the Veteran races as the club claimed 4 county silver medals held over 3 laps of an 8km grassland course across a very cold and windy common in Colchester Garrison.

The ladies were the first in action with Bree Nordin heading the way in 30th spot, claiming the silver medal in the F55 category in a time of 35mins 42 secs. Supporting her were Mel Jones in 37th and 10th in the F45 group with 36m 36s and Nicola Hopkinson 51st with 39m 50s. Completing the 10th place team were Julie Gillander in 81st and Kim Baxter 82nd.

There were only two Ilford runners in action in the 72 strong field for the mens M40 race and both performed with distinction. Paul Holloway placed 29th with a strong run and Kevin Wooton was close behind in 37th with 30m 53s.

The most popular with the Ilford team was the mens M50 plus race, held in combination with the ladies event ,with the club providing nine finishers in the field of 85. Steve Philcox was in superb form, being up with the leading group from the start and pushing on on the last lap to take second place in 29mins 02secs and the county silver for the M50 category. Another runner going well was Neil Crisp in 7th with 30m 11s and Tony Hyde placed 22nd in 31m 27s. The scoring team was completed by Tony Nixon with a great run in 31st which earned him the silver medal in the M60 age group. The quartet combined together to take the team silver in this race, the clubs fourth of the day.

Terry Knightley came home 37th in 33m 20s, Declan Cullen, in his cross-country debut, 59th



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(36m 50s) John Mackenzie 64th (38m 00s) Rob Sargent 72nd (40m 38s) and Martin Clarke 77th (42m 12s).

### **Florence Marathon**

Sunday 29 November

In warmer climes Ilford AC's Doris Gaga tackled the 32nd Florence marathon. The event is held on a fast, flat course around the historic city and Doris used this to her advantage reaching half way in 1m 59m 50s. Tiring slightly in the last few miles she came home in a good time of 4h 06m 03 and the 582th lady finisher.

